

# Alexandra Primary School

Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT

CARE

INTEGRITY

ACHIEVE

## *Beautiful Bulb Fundraiser!*

Don't forget to have your orders in for your bulbs by Friday 18th March! Don't miss out on a great deal for your garden!

Order link below;

<https://www.bulbfundraiser.com.au/ALEXANDRAP>



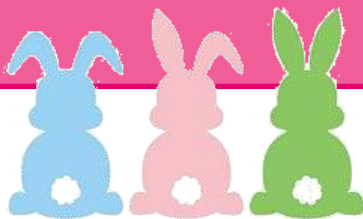
## PARENTS' GROUP AGM

Parents' Group Annual General Meeting to be held at Alexandra Primary School on Wednesday 23rd March 2022 at 6:30pm. This will be held in the staffroom at APS. All parents are welcome to attend the meeting! We look forward to seeing you there!



## EASTER RAFFLE!

Our famous Easter Raffle is on back again this year! Raffle tickets will be sent home shortly for you to enter! We are asking for a donation from each school family to add to the hampers. If you could please drop your donations off to the Office as soon as possible. The raffle will be drawn on Thursday 7th April!



**Thursday 17th March 2022**

**Term 1 Week 7**

Achievement Awards - P2

School News - P3

Community News - P4

### March 2022

**Wednesday 23rd**

Parents' Group AGM - Held at APS Staffroom.

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STAR OF THE WEEK

Charlie Broadway ~ 3/4A

Charlie showed the values of Respect and Care in the playground by being inclusive and kind. Charlie was an excellent role model and a great leader. These qualities are exactly what we need in our school, Charlie!

We are proud to have you in our learning community, you are a STAR!



ACHIEVEMENT AWARDS

Prep	<b>Nellie Thomas</b> ~ For cooperating with other students in our class and working well with her Jolly Phonics chart. Well done, Nellie!
1/2A	<b>Alisha Abdullah</b> ~ For being kind and a fabulous role model. Alisha is always polite, listens well and is a great friend. Well done, Alisha!
1/2B	<b>Amelia Godden</b> ~ For her terrific organisational skills. Amelia listens carefully to instructions, starts work quickly, knows where she should be and what she should be doing. Well done, Amelia! You are a wonderful example for your classmates!
3/4A	<b>Charlie Broadway</b> ~ For his fantastic start to the school year. Charlie has worked hard throughout term one to improve his reading and writing. He has been a super keen mathematician, solving problems and finding patterns. Most importantly, Charlie has been working hard to be the best person he can be, looking out for others and showing kindness and understanding. What a super learner you are, Charlie!
3/4B	<b>Kael Robben</b> ~ For his awesome attitude and dedication to his learning. Kael, you always work diligently on all set tasks, and you consistently help out in the classroom without being asked! Well done, Kael. You are a superstar!
5/6A	<b>Angus Clark</b> - In recognition of your excellent persistence when completing your Personal Memoir. You recognised that you needed to start again, planned your work and were able to complete a draft and publish your work on time. Fantastic work, Angus!
5/6B	<b>Phoebe Kidd</b> ~ For doing such an excellent job at developing your personal memoir. Phoebe, you put so much effort into improving your writing and you should be very proud of what you were able to achieve. Keep it up legend!
Art	<b>Diane Footit</b> ~ For always representing the school values. Dianne puts in the effort when creating her art work with care. She is thoughtful and caring towards her peers and respects the art room equipment and guidelines. Dianne you are star and a delight in the art room. Keep on creating and using your imagination.
Japanese	

## Coping when things go wrong...

Being at school means that we need to learn to get along with so many different people, over 100 in fact!

We can't control how people around us behave, but we can learn how to respond to behaviours appropriately.

Children need to use different **coping skills** to build resilience and bounce back when things don't go to plan. It's important to have several different coping skills that you can use in a variety of settings. Different types of coping skills will work at different times.

Calming Coping Skills are designed to help you relax. For example:

- Taking deep breaths
- Drink cold water
- Think of your favourite place
- Take a break
- Positive self-talk

Distracting Coping Skills are designed to distract you and keep your attention when you might otherwise be focused on a certain stressor. A few ideas:

- Doing something kind for someone else
- Baking or cooking
- Playing a game
- Drawing
- Writing a story

Physical Coping Skills are designed to help you rebalance your energy, either to energize you or to help you manage your excess energy in your body. Things kids can do:

- Jumping on a trampoline
- Taking a scooter ride
- Doing simple exercises
- Going on a walk

Processing Coping Skills are designed to help you work through thoughts and feelings you have about challenging situations. Some suggestions:

- Make a worry box
- Use a journal
- Use a feelings thermometer
- Create a playlist to listen to



Sensory Coping Skills are designed to help kids calm down using their sensory systems, by doing things like:

- Turning upside down
- Using a body sock
- Using a weighted item like a stuffed animal or a lap pad
- Eating something crunchy

For further information, check out <https://copingskillsforkids.com/blog/calming-and-relaxing-coping-skills>

Take care of yourselves and each other.

Vicky and the team.

A photograph of a woman with long brown hair, wearing a light grey long-sleeved shirt, smiling and supporting a young girl on a playground structure. The girl is wearing a floral dress and is climbing on a blue rope structure. The background shows green foliage and a green fence.

# Become a foster carer

A little of your time can change an entire life

## Attend an info session

Tue 15 March 6.00pm: Online via ZOOM

RSVP: email [humefostercare@berrystreet.org.au](mailto:humefostercare@berrystreet.org.au) to register attendance by 12pm on 15th March

We need more foster carers in our community.

If you are over 21, have a spare bedroom and can provide a safe, nurturing home environment - we would love to hear from you.

As a foster carer, you could make a huge difference to a child or young person in need.

For more information please call 03 5822 8100 or visit [berrystreet.org.au](http://berrystreet.org.au)

**BERRY  
STREET**